

Tasty!

Easy, Quick, & Healthy!™



VERY LICIOUS VEGGIE CHILI



Makes
5 Cups!

5 oz.
(142 g.)

Vegetarian/Vegan
Gourmet Blends

Meat Free
Dairy Free

Easy Slow Cooker Method

Pour entire contents into a 1½-2 qt. Slow Cooker. Add 4 cups water. Cook slowly for 4 hours.

Stove Top Method

Pour entire contents into saucepan. Add 4 cups water and stir gently to blend seasonings. Bring to a boil. Reduce heat and simmer slowly for 10 minutes (longer for more tender texture), stirring occasionally. Cover, remove from heat, and let stand an additional 5 minutes. Stir gently and serve. May be reheated in the microwave.

Ingredients: Dehydrated pinto beans, potatoes (freshness preserved with sodium bisulfite), carrots, corn, cabbage, tomatoes, onions; potato starch, tomato powder, nutritional yeast flakes, sea salt, crushed red pepper, chili powder, basil, cilantro, cumin.

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NUTRITION FACTS

Serving Size: 2/3 cup reconstituted

Servings Per Container: 8

Amount Per Serving

	Calories 51	Calories from Fat 1
	% Daily Value*	
Total Fat 0g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 406mg		17%
Total Carbohydrate 11g		4%
Dietary Fiber 2g		8%
Sugars 3g		
Protein 2g		

Vitamin A 68% * Vitamin C 20% * Calcium 2% * Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
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